



# Shirley COA CENTER

Volume: 12

NEWSLETTER

Issue: 1

*January 2020*

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## *Welcome to the Shirley Center for Active Living*

Here's to the NEW YEAR! 2020

2020 sounds like a great year for clarity and clearing out old unhealthy ways. January is a great time to take stock of our lives and create some goals and resolutions for positive change.

I always make a list of things like fun with family & friends, health improvements, home improvements & ways to serve the community. I don't reach every goal. But I always list them and brainstorm ways to achieve them. Before I can begin I ask myself: "What's important to me this year?" Well, in 2019 I made great strides in my career by becoming the new Director for the COA. So what's important to me in 2020? Keeping this vibrant, active center going. Finding new programs that are meaningful to you. Having a **10th Year Anniversary Party** for the Center to honor the volunteers who created it and the new ones who continue the mission. Finally and most important, helping, Shirley's elder residents navigate the complexity of life.

What are your goals and resolutions for 2020? If giving back to the community and having fun while doing it are on the list, come see me and we'll talk about ways to achieve them. There are many ways to help in the community and at the center. We can help you stay healthy with Balance and Qi Gong classes and a monthly Wellness clinic. Maybe you need a ride to the doctors or would be able to bring a senior to their doctors; we can help with that too.

I know my goals can't be done alone. Who's can? It takes a community for these things. Let's help each other achieve our goals in 2020 and continue to make Shirley a strong community.

*Happy New Year Everyone. From Marilyn Largey, COA Director*

### *January Hunting*

*Luminous Wolf Moon*

*glitters off ice-crusted trees.*

*Owls glide through shadows.*

*By Cyndi Furman ©*

### **Round Table Chatter**

**Monday, January 6th 9 am**

Ann Towne, Chair of the Board of Water Commissioners, will inform and answer questions about the water district.



**Shirley Water  
District**

**Mission Statement of the Shirley Senior Center:**  
***“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”***

**Senior Center Staff and COA Members**

**DIRECTOR**

*Marilyn Largey*

**OUTREACH ASSISTANT**

*Elisabeth Dinning*

**DISPATCHER/COA AIDE**

*Michelle Oelfke*

**VAN DRIVERS**

*Doug Perry, Priscilla Tarbell, Bob Lindgren*

**COUNCIL ON AGING CHAIRMAN**

*Helen Kramer*

**VICE CHAIRMAN**

*MaryLou Clark*

**SECRETARY**

*Christine Andersen*

**MEMBERS**

*Joyce Patton, Tony Bucca, MaryLou Clark, Janice Snow, Chip Guercio, Christine Andersen, Dave Stoppelman, & Susan Hartman*

**KITCHEN COMMITTEE FOR LUNCHESES**

*Shirley Deyo, MaryLou Clark, Sally Hamel & Mary Rice*

**MORNING CAFÉ**

*Barbara Perry & Sally Hamel*

**MEALS ON WHEELS**

*Elisabeth Dinning, Rob Fleming, Melissa and Dave Dentino, Heather Black, Jim Yocum & Dave Stoppelman*

**ANGEL RIDE DRIVERS**

*Janice Snow, MaryLou Clark, Ray Gagnon & Jim Yocum*

**MEDICAL EQUIPMENT COORDINATOR**

*Hans Onsager*

**SUNSHINE LADY**

*Elaine Quinty*

**BOOKMOBILE**

*MaryLou Clark*

**NOTARY SERVICE**

*Patricia Krauchune (by appointment) 508-612-6371*

**JANITORIAL SERVICE & MAINTENANCE**

**CENTER Hours**

Monday thru Thursday 8:00 am to 3:00 pm

Fridays for planned events

MART van runs Monday thru Thursday

8:00 am to 4:00 pm

Friday 8am -11:30am

***The Center is closed if Ayer – Shirley Regional School District cancels school due to inclement weather.***

NEXT COA Board meeting is Thursday, January 9th

11:00 am at the Center.

**Meetings are open to the public.**

**Thank You!**

***We would not have Your Center without You!***

**Vendors:**

Panera Bread, Hannaford-Townsend, Mitrano Dumpster Removal, Turf Logic, Village Pizza & Senior Newsletters

**Our Food Donation Pick-up Team:**

Ray Gagnon, Bill Dow, Janice Snow, Charles Waite & Jim Lanteigne

**Senior Breakfast Team:** Chip Guercio and helpers Charlie and Carolyn Waite, Rhoda Dow, Shirley Deyo, Sally Hamel, Alice West, Helen Kramer and Gene & Sandy Wixom.

**Veterans' Breakfast team:** Shirley Police Department and helpers Helen Kramer and Mary Lou Clark

**Thank you Michelle Haggstrom from Keller Williams Realty for our monthly Birthday Social cake and ice cream.**

**Newsletter Team:**

Cyndi Furman, Senior Newsletters, Ray Gagnon, Mary Lou Clark and Helen Kramer

Newsletters are available ONLINE and at Town Offices, Post Office, Library, Senior Center, various stores in the Village, and other locations. You may request a copy be e-mailed by using the Subscribe to E-Alerts, see below.

**CAFÉ WISH LIST**

Coffee, Salad bowls

Tissues for the cold season

Thanks for the donations in December!

**VOLUNTEER WISH LIST**

Bingo Circlers Weds 1-2:30

Angel Drivers

**Follow what's happening at the Shirley Center for Active Living.**

<https://www.shirley-ma.gov/council-aging>

Receive our Newsletter and important announcements from Town Government via email. Follow the link below to subscribe

<https://www.shirley-ma.gov/subscribe>

December 2019  
**Outreach at the Shirley Center For Active Living**

**Elisabeth—Outreach Assistant**

Telephone: (978) 425-1390

Email: [edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov)



*The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.*

Outreach can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate for elders in need. If you or someone you know has questions or needs help, please call Outreach at the Council on Aging office at **978-425-1390**. Outreach is available at the Senior Center at 9 Parker Road on Mondays and Tuesdays, but can be changed to other days with some advance notice. Please, call to make an appointment.

**\*FRIENDS OF SHIRLEY SENIORS**  
***ANNUAL MEMBERSHIP DRIVE***  
**2020**

**JOIN US...WE NEED YOUR SUPPORT!**

Make a difference for a senior

Sponsor a senior in your family or neighborhood

Help us by volunteering at fund raising events

Your annual membership helps to support special free events for

Shirley seniors throughout the year. Past events include:

- ◆ Fall lunch at the Bull Run for seniors age 80 and over
- ◆ Annual Summer Lunch at the Center for all seniors
- ◆ Pizza and Bingo with prizes at the Center for all seniors
- ◆ Ice cream social at the Center for all seniors
- ◆ Holiday Gift Bags for seniors age 80 and over

Join us during the month of January and receive a

**FREE PASS** for a lunch at Shirley Center for Active Living.

Pass is valid for all of 2020.

For **\$10.00** per person anyone can be a member.

Donations are graciously accepted.

**Make check payable to Friends of Shirley Seniors.**

**Mail to:** Friends of Shirley Seniors, P.O. Box 1059, Shirley, MA 01464

\*Friends of Shirley Seniors partners with 501 c3-Shirley Charitable Foundation

## **MEALS AT THE CENTER**

*Join us for nutritious meals. Rides available with our MART van.*

**Morning CAFÉ** Mon -Thurs 8:30am –11:30am: Coffee, tea, pastries. *Donations appreciated.*

**Mon, Jan 6th 8:30am -Veterans' breakfast FREE for Vets \$3 all others**

*Sponsored by the Shirley Charitable Foundation, Prepared by the Shirley Police Department*

**Wed, Jan 8th 11:00am -PIZZA and a MOVIE \$3 Divine Secrets if the YA-YA Sisterhood**

**Wed, Jan 15th 11:30am - Baked Fish with Rice and Peas \$3**

***No Breakfast will be served the 3rd Monday of the Month***

**Wed, Jan 22nd 11:30am - Grilled Cheese and Soup \$3**

**Wed, Jan 29th 11:30 am—Stuffed Shells with Salad \$3**

***Birthday Social Last Wednesday of the month after lunch.***

***Cake and Ice Cream provided by Michelle Haggstrom from Keller Williams Realty***

### **MART Transportation**

The Shirley COA runs a wheel chair accessible van  
for residents age 60 plus or disabled.  
All rides are \$1 each way.

#### **The MART Van**

**Monday - Thursday from 8am - 4pm**

**Friday 8:00am - 11:30am**

To schedule your ride call Michelle, our dispatcher.  
Monday -Thursday from 8:30 am - 1:30 pm.  
Or leave a message and she will confirm your call.

***48 hour notice required for all rides.***

**978-425-1390**

**Medical appointments are encouraged  
for Monday & Wednesday.**

### **Weekly Shopping Trips**

Tuesday -Whitney Field & Market Basket in Leominster

Thursday -Majority of riders' choice to area  
shopping spots

Pick up time for shopping trips are  
10:00 am and return at 1:00 pm.

Friday - Loaves and Fishes 9:15 pick up, return 11:30am

***During inclement weather please call to see if there are  
delays or cancellations for that day.***

### **Tech Support for your Phone, Laptop or Tablet**

***Provided by Bryce Denmark***

**January 23<sup>rd</sup> 12:30 pm**

**Sign up at the Center.**



Are you 60 or older and own your own  
home in Shirley?  
If so, consider applying for the Senior Tax  
Work-Off Program.

You can earn up to \$1500 towards your  
FY2021 RE Tax Bill.

This is a great way to use your expertise  
and skills while doing public service.

Applications are available  
at the Town Offices.

7 Keady Way



## VETERANS' CORNER

...from Mike Detillion,

**Shirley Veterans' Officer**

The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.



For an appointment:

**Call 978-425-2600 x280**

**Appointments: Anytime**

**Office Hours: Monday evenings  
5:00 – 7:00 pm  
at the Town Office Building**

**Benefits:** All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.



## VETERANS' BREAKFAST

*Prepared by Shirley's*

*Police Department*

**January 6th, 2020 at 8:30 am**

*Sponsored by Shirley Charitable Foundation*

## THE SHINE PROGRAM

**(Serving Health Insurance Needs for Everyone)**

A SHINE Councilor is available the

1st and 3rd Wednesday of the month

**Call for an appointment - 978-425-1390**

or visit the SHINE website at [www.shinema.org](http://www.shinema.org)

**Be Prepared—Sign up for your personal Medicare account at**

<https://www.medicare.gov/>

Did you know you can change your  
Medicare Advantage plan between January and March?

## FOOT CARE CLINIC With Christine Quiriy

**Next Session will be January 9th &  
January 27th 2020**

Shirley Residents \$20, Out of Town \$35  
Preference for Shirley Residents  
Call the Center at 978-425-1390  
to book an appointment

## New England Farm Workers' Council Fuel Assistance Program

Associates from the NEFWC will be here at the center to help with fuel assistance applications.

**Jan 16th**

**You must call them for an appointment.  
978-342-4520**

**If you are having trouble paying to heat your home, you can get help.** [New England Farm Workers' Council](#) (NEFWC) offers a Fuel Assistance Program for families that qualify based on household income.

Household Size of 1      Income Limit \$ 35,510

Household Size of 2      Income Limit \$ 46,437

New England Farm Workers' Council is located on 473  
Main Street, 3<sup>rd</sup> Floor in Fitchburg, MA 01420



**Nashoba Nursing Service & Hospice**  
**Nashoba Associated Boards of Health**  
**Your COMMUNITY, Your CHOICE Since 1931**

## Wellness Clinic

**Second Thursday of the month  
9:30 to 10:30 am.**

The clinic allows for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. All residents, of any age, are welcome to attend.



## SHIRLEY Programs and Activities

### PROGRAMS:

**Meals on Wheels:** Homebound seniors call MOC at 978-345-8501 to sign up.

**QiGong** is a centuries-old system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. **Jeff Cote, Instructor** every Monday from 11:15 am to 12:15 pm

**Strength, Flexibility & Balance** with Jeff Cote every Thursday from 1:00 to 2:00 pm

**SHINE** - 1st and 3rd Wednesday of the month starting at 9:00 am. Reservation required.

**Footcare** with Christine Quiriy: Last Monday of the month starting at 10:00 am. Reservation required.

**Wellness Clinic:** Second Thursday of the month from 9:30 to 10:30 am.

**Pizza & Movie:** First Wednesday of the month. Movie starts at 11:00 am with Pizza at noon.



### ACTIVITIES:

**Card Playing:** Mondays 1:00 to 4:00 pm and Tuesdays (Bridge) at 9:00 to 12:00 pm

**Wii Bowling:** Mondays at 12:30 pm

**Scrabble and Dominoes:** Tuesdays at 9:00 am

**Adult Coloring:** Tuesdays at 1:00 pm

**Water Color Painting with Mike Devlin:** Tuesdays at 1:00 pm

**Creativity Time:** Wednesdays 9:00 to 11:00 am

**Bingo:** every Wednesday after lunch

**Round Table “Chatter”** First Monday of the month at 9:00 am



***Note... We are always looking for new activities, programs, and ways to socialize. If you have an idea or talent and would like something new at the center contact: Marilyn Largey [mlargey@shirley-ma.gov](mailto:mlargey@shirley-ma.gov) 978-425-1390***

# JANUARY 2020 Shirley COA

Café Open Mon.-Thursday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
<b>6</b> 8:30 Veterans' Breakfast 9 Round table Chatter 11:15 am to 12:15 pm Qigong 12:30 pm Wii Bowling 1:00 pm - 4:00 pm Cards	<b>7</b> 9:00 am Scrabble 9:00 am-12:00 pm Bridge/Dominoes 1:00 pm "Outside the Lines" Coloring 1:00 pm Painting with Mike	<b>8</b> 9 -11:00 am Creativity Time 11:00 am PIZZA and Movie 1:00 pm Bingo	<b>9</b> 9:00am Foot Care Clinic 9:30 am Wellness Clinic 11:00 am COA Board Meeting 1:00 - 2:00 pm Balance
<b>13</b> 11:15 am to 12:15 pm Qigong 12:30 pm Wii Bowling 1:00 pm - 4:00 pm Cards	<b>14</b> 9:00 am Scrabble 9:00 am-12:00 pm Bridge/Dominoes 1:00 pm "Outside the Lines" Coloring 1:00 pm Painting with Mike	<b>15</b> 9:00 am SHINE 9 -11:00 am Creativity Time 11:30 pm Lunch 1:00 pm Bingo	<b>16</b> 1:00 - 2:00 pm Balance
<b>20</b> Closed 	<b>21</b> 9:00 am Scrabble 9:00 am-12:00 pm Bridge/Dominoes 1:00 pm "Outside the Lines" Coloring 1:00 pm Painting with Mike	<b>22</b> 9 -11:00 am Creativity Time 11:30 pm Lunch 1:00 pm Bingo	<b>23</b> 12:30 TECH Support 1:00 - 2:00 pm Balance
<b>27</b> 9:00 am Foot Care Clinic 11:15 am to 12:15 pm Qigong 12:30 pm Wii Bowling 1:00 pm - 4:00 pm Cards	<b>28</b> 9:00 am Scrabble 9:00 am-12:00 pm Bridge/Dominoes 1:00 pm "Outside the Lines" Coloring 1:00 pm Painting with Mike	<b>29</b> 9 -11:00 am Creativity Time 11:30 pm Lunch and Birthday Social 1:00 pm Bingo	<b>30</b> 1:00 - 2:00 pm Balance

Would you like a ride to the Senior Center?

We have a van available to bring you here and get you home.

Call  
978-425-1390  
to make a reservation  
48 hours in advance.

